DAY 10

BREAKFAST ½ Banana

Shredded Wheat Miniatures

Belgian Waffle (frozen)

W/Strawberries & Whipped Topping Crisp Bacon (Make Extra for BLT

Sandwich) 2% Milk (6oz.) When you use frozen soups that ask you to add milk use $\frac{1}{2}$ milk and $\frac{1}{2}$ Coffee Rich to keep your soup from scalding during your holding time. Also purchase the new PanSaver high temperature bags to put into your soup crock. This will save washing and scrubbing time.

They also have these bags in sizes to use in your steam table etc. Ask you Food Service or Sysco salesman about them.

COFFEE BREAK BAGELS & ASSORTED MUFFINS

LUNCH Waldorf Salad in Leaf Lettuce (Recipe)

Meat Loaf in Gravy (frozen)

Baked Potato W/Butter & Sour Cream

Broccoli Spears (frozen)

Corn (frozen)

Whole Wheat or White Dinner Roll

Raspberry Yogurt 2% Milk (6oz.)

STAFF Salad Bar

Beef & Mushrooms in Wine Sauce (frozen)

W/Mashed Potatoes Meat: Meat Loaf (frozen)

Sandwich: Bacon, Lettuce & Tomato

Soup: Corn Chowder (frozen)

SUPPER Fruit Cup

Salmon Crowns (frozen) (recipe)

On bed of rice

W/Alfredo Sauce (frozen)

Green Pepper Steak (frozen)

Over Rice

Carrot Coins or Spinach (frozen)

Hot Roll W/Margarine Pat

Rainbow Sherbet 2% Milk (6oz.)

AFTERNOON COOK PLEASE TAKE OUT CHICKEN BREASTS, ROAST BEEF & TURKEY FOR SANDWICH Salmon Crowns are a special order from Sysco

When placing special orders it is wise to order 2 cases at each order.

It is difficult to receive one case on a special order.

Alfredo Sauce Frozen

Heat and use ¼ cup per Salmon Crown.

Put Salmon-Crown on bed of rice after Salmon Crown is baked. Pour 1/4 cup hot Alfredo Sauce over rice and Salmon Crown.

Frozen entrees are made by Stouffer's. They can be purchased from Food Services of America, Sysco or your local grocery store.

The frozen pies can be purchased from Food Services of America, Sysco or your local store.